

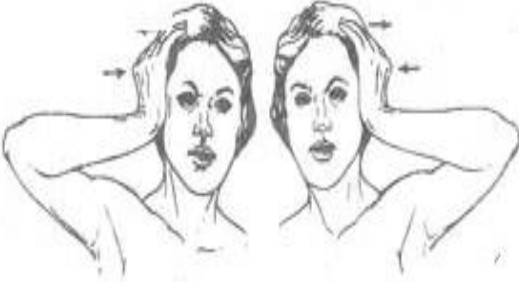

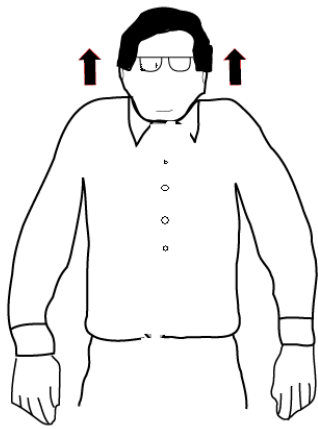


Isometrics neck exercises	Descriptions
	<p>Place both hands against your forehead. Push your head forward against the heels of your palms without moving your head. Hold 8-10 counts.</p>
	<p>Place both hands behind your head. Pull your head back against your hands while pulling forward with your hands so your head doesn't move. Hold</p>
	<p>Place your right hand against the right side of your head. Push your head hard against the heel of your palm without allowing it to move. Hold.</p> <p>Place your left hand against the left side of your head. Push your head against the heel of your palm without allowing it to move. Hold.</p>
	<p>Place your right hand against your right temple. Try to bring your chin down to your right shoulder without allowing your head to move. Hold.</p>



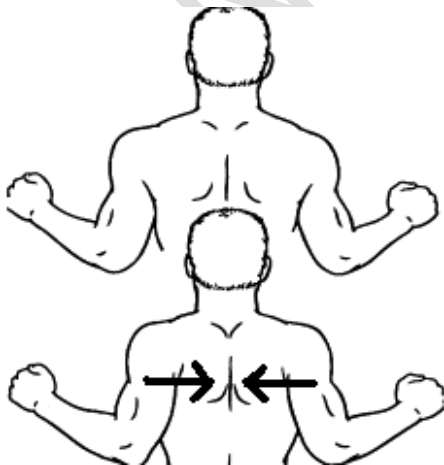
Place your left hand against your left temple. Try to bring your chin down to your left shoulder without allowing your head to move. Hold.

Shrugging



Stand or sit.
Keep your spine straight.
Relax your shoulders at your side.
Raise your shoulders toward your ears.
Hold 15 seconds.

Shoulder blade squeeze



Stand. Keep your spine straight.
Bend your elbows at 90-degree angles.
Squeeze your shoulder blades together as you rotate your arms outward.
Hold for 15 seconds